EMOTION

Emotion is often defined as a complex state of feeling that results in physical and psychological changes that influence thought and behavior. Emotionality is associated with a range of psychological phenomena, including temperament, personality, mood, and motivation.

Theories of Emotions

a) James – Lange Theory

American psychologist William James (1884) and Danish physiologist Carl Lange (1887) independently proposed the oldest theories of emotion at approximately the same time. Their two theories were later combined into what is presently known as the James Lange Theory of Emotion.

The James Lange theory of emotion states that emotion is equivalent to the range of physiological arousal caused by external events. The two scientists suggested that for someone to feel emotion, he/she must first experience bodily responses such as increased respiration, increased heart rate, or sweaty hands. Once this physiological response is recognized, then the person can say that he/she feels the emotion. For example: when someone sees an angry bull:

James-Langeview

Perception of the angry bull → Physiological reactions → Feeling of fear

The perception of emotion-arousing stimuli is followed by specific physiological reactions such as release of adrenaline and flight reaction. The brain interprets the specific physiological changes as the emotion, “I’m scared because my heart is racing and I am running away.”

b) Cannnon – Bard Theory

The Cannon-Bard theory of emotion, also known as the Thalamic theory of emotion, is a physiological explanation of emotion developed by Walter Cannon and Philip Bard. Cannon-Bard theory states that we feel emotions and experience physiological reactions such as sweating, trembling, and muscle tension simultaneously. It is suggested that emotions result

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when the thalamus sends a message to the brain in response to a stimulus, resulting in a physiological reaction.

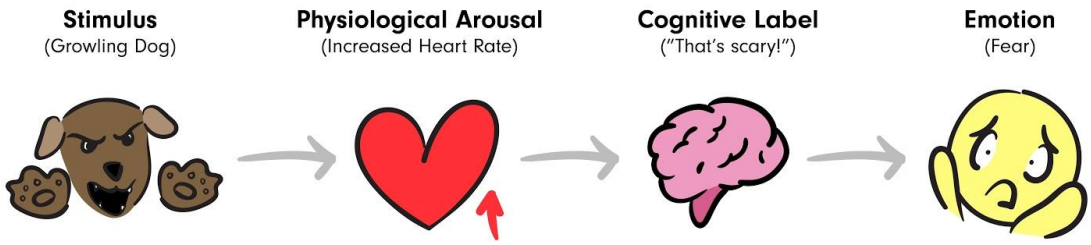
For example: *I see a snake --> I am afraid, and I begin to tremble.*

According to the Cannon-Bard theory of emotion, we react to a stimulus and experience the associated emotion at the same time.

c) Schachter – Singer's Two – Factor Theory

The Schachter-Singer theory of emotion, also known as the two-factor theory of emotion, states that emotions are a product of both physiological and cognitive processes.

1. Physical processes in the body (such as activation of the sympathetic nervous system, for example), which researchers refer to as "physiological arousal." These changes can include things like having your heart start beating faster, sweating, or trembling.
2. A cognitive process, in which people try to interpret this physiological response by looking at their surrounding environment to see what could be causing them to feel this way.



d) Lazarus Theory

Lazarus Theory states that a thought must come before any emotion or physiological arousal. In other words, you must first think about your situation before you can experience an emotion. For example: You are walking down a dark alley late at night. You hear footsteps behind you and you think it may be a mugger so you begin to tremble, your heart beats faster, and your breathing deepens and at the same time experience fear.

e) Lindsley Activation Theory

This theory states that emotion is measurable as change in the individual's level of neural excitation of the reticular formation and associated degree of cortical and thalamic alertness, as revealed via electroencephalography. It is a refinement of an earlier activation–arousal theory equating emotion to change in the difficult-to-measure level of an individual's energy expenditure. This theory is also called arousal theory.

The American psychologist and neuroscientist Donald Benjamin Lindsley's (1907-2003) germinal work on activation in the general area of emotion shows the importance of the brain-stem portion of the brain called the reticular substance. Lindsley's activation theory is based, in particular, on research involving the electroencephalogram (EEG) and its relevance toward understanding the interaction of the cerebral cortex and the subcortical structures. The activation theory was advanced not only as an explanatory concept for emotional behavior, but it was related also to the phenomenon of sleep-wakefulness, to EEG recordings of cortical activity, and to different types of abnormal behavior involving various psychiatric symptomatologies. The activation theory states: (1) The EEG in emotion shows an activation pattern with reduction in alpha (synchronized) rhythms and induction of low-amplitude, fast activity.

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